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(71) Applicant (*for all designated States except US*): INOVA DESIGN LTD [GB/GB]; Catherine's Field, The Spinning Walk, Shere, Surrey GU5 9HN (GB).

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(72) Inventor; and

(75) Inventor/Applicant (*for US only*): MARSH, Leon, Thomas, Lee [GB/GB]; Catherine's Field, The Spinning Walk, Shere, Surrey GU5 9HN (GB).

(74) Agents: POWELL, Williams et al.; Morley House, 26-30 Holborn Viaduct, London EC1A 2BP (GB).



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(54) Title: HYDRATION MONITOR

(57) Abstract: A hydration monitor includes a temperature sensor (20; 65) for measuring a subject's core body temperature and a processor (30). The processor is arranged to accept measurements from the temperature sensor (20; 65) and calculate a hydration level in dependence on changes in the measured core body temperature.